



# nutrition

Proper nutrition helps your body and brain work at their best, and it helps you feel better and fight off illness. Eating a variety of healthy foods can even help in the prevention of diseases, in maintaining a healthy weight, and in keeping up your energy.

Below are some daily nutritional guidelines from the USDA and some examples of foods that fit into each category.

## **Grains** 6-11 servings

- Whole wheat bread
- Rice or pasta
- Cereal (hot or cold)
- Tortillas

## **Vegetables** 3-5 servings

- Leafy greens (e.g., spinach)
- Deeply colored vegetables (e.g., carrots and beets)
- Dark green vegetables (e.g., broccoli)

## **Fruits** 2-4 servings

- Apples
- Tomatoes
- Blueberries
- Strawberries
- Avocados

## **Dairy** 2-3 servings

- Milk
- Yogurt
- Cheese

## **Protein** 2-3 servings

- Lean meat, poultry, and eggs
- Fatty fish (e.g., salmon, halibut, and sardines)
- Dry beans and nuts
- Soy products (e.g., tofu)